Mr Eu Aik Wah, 57
Kidney patient at Teck Whye Dialysis Centre

“I’m so thankful for the patient advocates that shared and encouraged me to be an advocate. Now, I am so happy that I can serve my fellow patients.”
On 19 July 2015, 35 advocates spent a memorable and meaningful morning with 120 elderly residents at a nursing home. This was the first advocate-led outreach initiative planned for the community. The activities included sing-along sessions, exciting games and a mass dance. Riding on the festive mood of Hari Raya, the advocates dressed up in *kain pelikat* to bring joy and cheer to the residents. It was indeed a fulfilling and meaningful Hari Raya with the elderly folks. The advocates are all geared up for the next outreach to another elderly home to provide friendship and spread love and happiness!

**ADVOCATE-LED INITIATIVES**

**In July 2015, our Kindness Campaign themed “Be Courteous” took place during our patient gathering. Interactive posters, videos and games were used to cultivate a positive culture within the dialysis centres by reminding everyone to always be courteous, grateful, helpful and considerate.**

JOIN US AS AN ADVOCATE!

For more information, call us at 9380 4094

**Advocates inspire their peers towards rehabilitation through positive role modeling**

In 2010, Mr Eu Aik Wah was diagnosed with kidney failure while working in Shanghai. As his family has a history of kidney disease, it did not catch him by surprise. His older brother is also a kidney patient and his younger brother had gone through a kidney transplant.

However, after three years on dialysis, his health deteriorated and he decided to return to Singapore to continue treatment here. He was accepted into NKF’s highly subsidised dialysis programme, paying only $78 out-of-pocket. With NKF’s quality treatment and care, his health has improved steadily.

He is now an active Patient Advocate – befriending and providing a listening ear to fellow patients. He also escorts other elderly patients during social outings organised by NKF.

“I am happy to lend a helping hand and provide support to other patients whenever possible. Bringing smiles to their faces warm my heart. We are one big family.” said Aik Wah.

He even went the extra mile to volunteer his time to bake cookies for the nurses in appreciation of their tireless work to care for needy patients during the recent Nurses’ Day celebration.

To take care of his health, Aik Wah joined the exercise class conducted by our Exercise Specialists, and often encourages new patients to participate as well.

Despite his illness, Aik Wah does not let kidney failure weigh him down. He continues to strive to overcome his adversities and helps others who are in need.

Kidney patient Madam Sakyah used to have weak legs. After joining the HQ Supervised Exercise Class 1½ years ago, she is much stronger and her weight has reduced. This weekly exercise programme focuses on cardiovascular endurance; reducing fall rates through balance and stability drills; core muscle strengthening for a functional body; and safe sporting activities suitable for patients. Now, she is fitter, more confident and feels much more refreshed. Many other patients like Madam Sakyah are benefiting greatly from these exercise classes.

“The Exercise Class has not only given me more confidence, it also gives me the chance to mingle with fellow patients and understand different cultures. Thank you, Exercise Specialists, for your good work!”

– Mdm Sakyah, Pasir Ris DC

To register for the next Exercise Class, speak to your respective DC Exercise Coordinators now!
NKF collaborated with Credit Suisse AG and Jurong Spring Youth Executive Community (YEC) to carry out interactive sessions on 31 July at Tampines 2 Dialysis Centre and on 1 August at Hong Kah Dialysis Centre respectively.

Suisse AG played a game of ‘Bingo’ with the patients, who were excitedly shouting out numbers to complete their game-card and win a prize. There was also a birthday celebration for all the August babies!

Jurong Spring YEC befriended the patients over snacks and beverages during their tea break and entertained them with a sing-along session.

“It is important for us to take time off from our busy lives to look at a different side of the world,” said Gordon, who was part of a 20+ strong team of volunteers from Credit Suisse AG. “For most of us, it is just a 9 to 5 job but for the patients, dealing with health issues and coming for dialysis 4 hours every other day is for a lifetime”.

NKF would like to thank both organisations for taking time off to bring cheer to the patients and brighten up their lives.

“Volunteers are paid in six figures... S-M-I-L-E-S” says author Gayla LeMaire. This resonated with two groups of young adults when they interacted with patients at our dialysis centres. The smiles they got from patients were rewarding enough.